Written Work for AMHP Application

This document provides guidance on the assignments and written work you need to submit as part of your application.

Guidance for the Assignments
To support your application you need to include 2 short assignments of 1000 words each which will be reviewed as part of your application:

1. **A written record of your continuing professional development (CPD) over the last 2 years linked to mental health, with a reflective commentary**

Prepare a table of your CPD identifying the dates and key elements of your training, which could be an adaptation of a version you already have for recording your CPD activities – don’t make extra work for yourself if you don’t need to. The principle here is that you are clear about what you have done and the key elements of the content.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Key Areas Covered</th>
<th>Personal Learning</th>
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</thead>
<tbody>
<tr>
<td>21.11.16</td>
<td>Working with Diversity in Mental Health</td>
<td>• Importance of topic for MH</td>
<td>Consider wider range of diversity issues when working with individuals eg ageing and sexuality – older gay men and impact of changes in legislation.</td>
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<td>• Statistics</td>
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<td>• No Health Without Mental Health document</td>
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<td>• Models of cultural competence</td>
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<tr>
<td>25.7.16</td>
<td>Mental Capacity Act Training</td>
<td>• Background</td>
<td>Care needed with location and timing of assessments. Assertiveness needed when perspectives between professional differ – observe colleagues in practice.</td>
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<td></td>
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<td>• Purpose</td>
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<td>• Key Principles</td>
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<td>• Practice</td>
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<td>• Case Studies</td>
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<td>• Dilemmas</td>
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Once you have gathered this information write a reflective commentary (1000 words) on your learning. This piece of work should not be a descriptive account of what you have done in practice or in training; rather it should be a reflection on your learning in the last 2 years, linked to mental health.

Some advice:
Before writing your piece, plan it by thinking about and making notes on what you really gained from the training/learning events. Note down such things as:

- how this has impacted on your practice over time
- what kinds of ethical and practice dilemmas you have encountered in this process
- what you have learned outside of formal CPD activities, for example – a situation where you have had to think something through and as a result have gained a new perspective on your practice

When you write your commentary avoid simply listing your practice skills, knowledge or values, but instead think about specifics such as how you have developed and why – help the reader understand the process of your development as a practitioner.

Avoid sweeping or general statements such as

- 'I have gained experience in mental health…'
- 'My values are important in practice…'
These kinds of statements are unhelpful in this kind of writing as they don't give a real sense of you as a practitioner. They need to be underpinned with more specific links to practice or examples; you need to say how and why in order to add authority to your ideas.

Quality is more important than quantity. Writing about a few elements of learning that highlight some of key points is better than trying to cover everything you have learned in the last couple of years as this will be too superficial and will limit your ability to provide some analysis.

Remember in this piece that you are trying to show the reader the following:

- Your development as a professional
- Your aptitude for reflecting on your learning and practice
- Your potential to understand and work within a complex mental health environment

If you are not located in a mental health environment think about how you might transfer your learning and skills to a mental health setting. For example, if you work predominantly with older people you will have experience of working with people with a range of dementias, so think about how you have managed the dilemmas and complexities of working in this area.

Conclude your piece by identifying how your learning has led you to want to be an AMHP.

Whilst the piece is reflective in tone you should still incorporate some reading and references in order to help you discuss your learning and the points you make.

2. A reflective analysis of your experience of shadowing a Mental Health Act Assessment

Provide a reflective analysis of your shadowing experience. As above, this should not be a descriptive account of what occurred during the assessment; rather it should include some discussion of the issues that the experience raised for you. The following are some ideas for you to discuss:

- The values you noticed and your how these fit with your values
- The way in which distress was dealt with or discussed
- Any dilemmas in the piece of work (eg decisions, family, understanding of any risk of harm)
- Working with other professionals
- Your personal and emotional response to what you observed

These are for guidance, but it is important for you to consider what came out of the experience for you as a potential AMHP. You can use sub headings if this would be helpful for you. In writing your reflective account you should incorporate some reference to the five competencies for AMHPs referred to in Schedule 2 of the MHA.

When writing up your experience make sure you identify:

- The Name of AMHP you shadowed
- Date

This piece of work should also be 1000 words and the individual being assessed under the MHA should remain anonymous.
You should proof read all your writing and both pieces of written work should contain some reference to reading on relevant topics. The following link will give you some information about how to reference your work using the Harvard system. Try to use this in your writing as this will be a feature of writing assignments on the AMHP course. However, you won’t be penalised if you don’t get it quite right on this occasion.

http://intouea.com/study-skills/referencing/a-harvard-reference-list/

A couple of books to look out for:

Barcham C (2016) The Pocket Book Guide to Mental Health Act Assessments
London: Open University Press
